



Poppers

Makes: 50 Servings

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Ingredients	Weight	Measure
Long-grain brown rice		15 cups
Water		2 gallons
Sweet potatoes, canned, commodity		12 1/2 cups
Black pepper		1 Tbsp

	1 3/4 Turkey, smoked USDA pounds processed	
Nonfat milk		1 cup
Shredded cheddar cheese, commodity		6 cups
Shredded lite mozzarella cheese, commodity		6 cups
Egg, scrambled, cook n bag		2 cups
Plain bread crumbs		4 cups

Directions

1. Mix rice and water in 4 inch full size pan; steam until rice is tender.
2. Puree sweet potatoes, pepper and milk in food processor. Place in large mixing bowl. Add turkey to food processor; pulse until turkey is chopped to a medium/fine consistency. Place turkey in bowl with potato mixture. Fold in cheese and rice into potatoe mixture until well blended.
3. Use 1/3 cup or #12 scoop to form poppers. Roll each scooped popper in egg and then in bread crumbs. Place on parchment paper lined baking pan. Bake at 350°F for

30 minutes or until golden brown.

4. Serve 3 poppers as a serving.

Source: Mobile County Public School System (Recipes for Healthy Kids Competition)